

## Families Making the Connection

### Kids Eat Right

August is *Kids Eat Right Month*! *Kids Eat Right Month* encourages children and their families to eat healthy and be active. Families can shop smart, cook healthy and eat right together.

**Shop Smart**—Let your kids help with planning menus and shopping for food.

**Cook Healthy**—Involve your child in preparing meals and snacks.

**Eat Right**—Sit down together as a family to enjoy a tasty, healthy meal.


**Get Moving**—Be active together as a family. Kids should be active at least 60 minutes a day. Regular physical activity can strengthen bones and muscles, promote a healthy weight, support learning, develop social skills and build self-esteem.

**Build Healthy Habits**—Set a good example to help kids form healthy habits. Be active every day. Fill half your plate with fruits and veggies, make at least half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and choose options lower in sodium, fat and sugar.

We all want children to be fit, succeed in school and grow into healthy adults. For more info, visit [www.kidseatright.org](http://www.kidseatright.org).

## Menus for August 2015

[Insert name of Local Education Agency] Elementary Schools

Monday, August 3	Tuesday, August 4	Wednesday, August 5	Thursday, August 6	Friday, August 7
Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
Monday, August 17	Tuesday, August 18	Wednesday, August 19	Thursday, August 20	Friday, August 21
Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28
Monday, August 31				
				 <p>KIDS eat right. Month August 2015 Academy of Nutrition and Dietetics Academy of Nutrition and Dietetics Foundation <a href="http://kidseatright.org">kidseatright.org</a></p>

## August

- Family Meals Month
- Kids Eat Right Month
- National Peach Month
- National Farmers Market Week (August 2-8)
- National Watermelon Day (August 3)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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